

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

February 2011

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.
Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

DIANE ATIENZA
Recreation Coordinator
MEGAN GARVERICK
Recreation Coordinator
SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialists

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

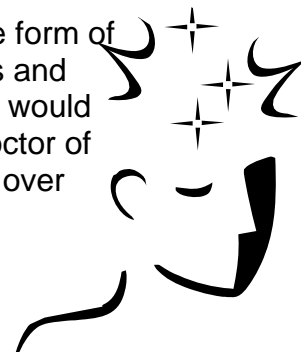
MANAGING DIZZINESS

Almost everyone has experienced some form of dizziness, but there are varying degrees and causes. If you suffer from dizziness and would like some guidance, then please join Doctor of Chiropractic Hiro Sugawara as he goes over these ailments and offers some advice.

Date: Thursday, February 17

Time: 1:00 P.M.

Location: TBA



DIGITAL PICTURES 101

Have a digital camera but wary about megabytes and pixels? Don't be! Come learn how to download pictures from your camera onto a computer. All participants must bring their digital camera, the connector cable (it may be best to bring the entire camera box), and a flash drive to store pictures. And don't forget to take some fun pictures before the workshop! Basic computer skills required. Sign up early at the front desk; space is limited.

Date: Wednesday, February 16

Time: 2:30 P.M.

Location: Technology Room

INTRODUCTION TO SUDOKU

Having trouble solving Sudoku puzzles? Join Richard Guertin, who has created his own Sudoku website, as he teaches you some simple techniques for solving these brain teasers. Beginners should attend!



Date: Thursday, February 24

Time: 1:00 P.M.

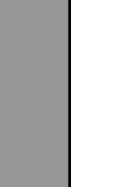
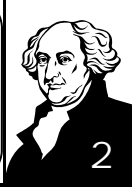
Location: TBA

MORE ON PAGE 2 →

SENIOR CENTER CLOSED
MONDAY,
FEBRUARY 21
For Presidents' Day



How well do you know the US presidents?



City of Mountain View, CSD, Recreation Division

Shortest President (5'4")

266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

WORKSHOPS

MOVIE MATINEE

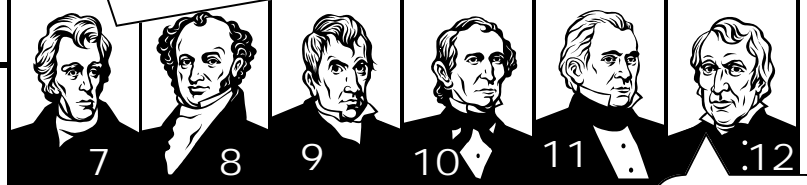
Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 p.m.

WHERE: Multipurpose Room B

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.



Shh! I'm watching the movie!

KILLERS: Tuesday, February 1 and Friday, February 4



RATED: PG-13

LENGTH: 100 Minutes

DESCRIPTION: When an elite assassin (Ashton Kutcher) marries a beautiful computer whiz (Katherine Heigl) after a whirlwind romance, he gives up the gun and settles down with his new bride. That is, until he learns that someone from his past has put a contract out on his life. Now, the couple must go on the run if they hope to survive and settle the score once and for all. This action comedy from director Robert Luketic co-stars Tom Selleck and Catherine O'Hara.

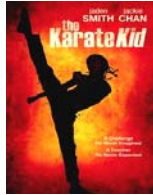
IRON MAN 2: Tuesday, February 8 and Friday, February 11



RATED: PG-13

LENGTH: 124 Minutes

DESCRIPTION: Wealthy inventor Tony Stark (Robert Downey Jr.) -- aka Iron Man -- resists calls by the American government to hand over his technology. Meanwhile, Ivan Vanko (Mickey Rourke) has constructed his own miniaturized arc reactor, causing all kinds of problems for our superhero. Sam Rockwell, Gwyneth Paltrow, Scarlett Johansson, Don Cheadle and Samuel L. Jackson co-star in director Jon Favreau's sequel based on Marvel comic book characters.



THE KARATE KID:

Tuesday, February 15 and Friday, February 18

RATED: PG

LENGTH: 140 Minutes

DESCRIPTION: After moving to Beijing with his mother, Dre (Jaden Smith) falls prey to a bully, so he takes lessons from martial arts master Mr. Han (Jackie Chan) in this remake of The Karate Kid. While Mr. Han teaches Dre to defend himself, he also imparts some important life lessons. Meanwhile, Dre struggles with the unfamiliar language and cultural barriers he encounters in his new country. Taraji P. Henson co-stars.



PRINCE OF PERSIA—THE SANDS OF TIME:

Tuesday, February 22 and Friday, February 25

RATED: PG-13

LENGTH: 116 Minutes

DESCRIPTION: Jake Gyllenhaal stars as Prince Dastan, who pairs with spunky Princess Tamina (Gemma Arterton) to keep the Sands of Time -- a mystical dagger that gives its holder control over the flow of time -- from falling into the wrong hands and putting the world in peril. Mike Newell directs this sweeping live-action adventure based on the popular video game series, co-starring Ben Kingsley and Alfred Molina.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, February 28, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO - Feeling lucky? Join us for Big Bingo on **Monday, February 7, at 1:00 p.m.** in the Social Hall.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m. Come to the lab and ask questions, it's that easy! We're also looking for computer savvy volunteers to help out during the week. If you or a friend are interested, please contact the front desk.



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be purchased at one time is five!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

- Old eyeglasses
- Magazines
- DVDs
- Paperback books



FREE TABLE

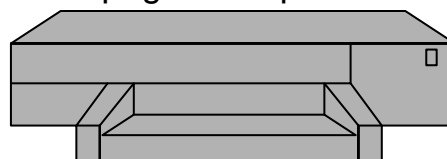
Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

SENIOR CENTER TELEVISION POLICY - To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!



COMPUTER PRINTER POLICY

All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages that print.



EXERCISE ROOM CARD

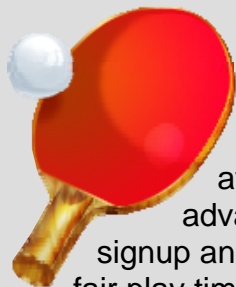


Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation.

WHEN NOT TO COME TO THE EXERCISE ROOM? Staff asks that you allow new participants to use the room during orientation. You may be asked to leave the Exercise Room during the following times:
TUESDAYS: 7:00 p.m.–7:30 p.m.
WEDNESDAYS: 2:30 p.m.–3:00 p.m.

TABLE TENNIS TEMPORARY CLOSURE

Due to our tax assistance program, table tennis **table A** will not be available from January 31—April 13, 2011 during the following times:



- **Monday evenings**
- **Tuesdays**
- **Wednesdays**

Table tennis table B will be available. Staff thanks you in advance for respecting all signup and time limit rules to ensure fair play time for everyone.

GAS CARD PILOT PROGRAM

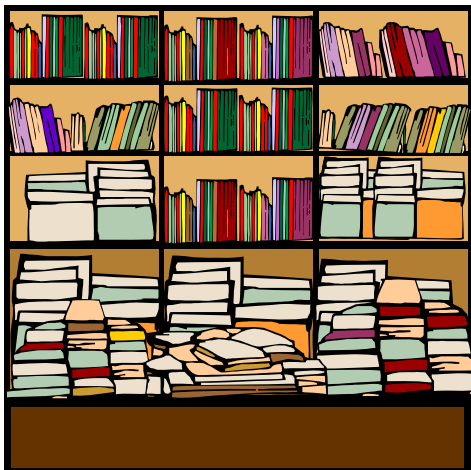
Make some money while carpooling! The Senior Center is now a test site for Outreach's new "Gas Card Pilot Program". Outreach will send you a \$50 gas card for every 20 rides you give to an Outreach member, and if you are making a round trip to and from the Senior Center, then it is only 10 rides! For more information or an application, please contact:

Lien Nguyen
STAR Program Coordinator
926 Rock Ave., Suite 10
San Jose, CA 95131
408-437-3275

THE BOOKMOBILE MOTORING TO THE SENIOR CENTER

The Mountain View Library's Bookmobile is now making weekly visits to the Senior Center on Thursdays from 10:30 a.m.—11:15 a.m.

Get a library card, or use your existing card to borrow a good book, curl up in front of the lobby's fireplace and read!



INCOME TAX ASSISTANCE APPOINTMENTS

Tax assistance will be provided by AARP volunteers. Tax appointments are available each Tuesday and Wednesday, 9:00 a.m.—12:00 p.m. beginning Tuesday, February 1, 2011. Call 650-903-6330 or stop by the front desk to sign up for an appointment.

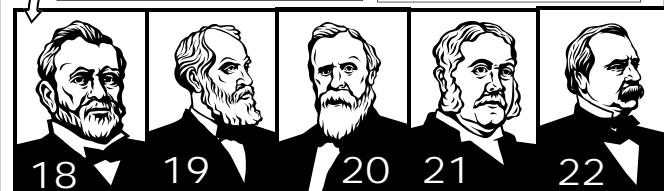
What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) **plus original cost and date of purchase information.**
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2010



Established Yellowstone

Never went to school



VOLUNTEER CORNER

December 2010

Brown Bag	192
Lunch Program	254.5
Receptionists	125.75
Social Services	55
Teaching	181.25
Total	808.5 hours!

SENIOR CENTER



Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**2/8/11**) in the Conference Room from 10:30 – 11:30 a.m. The next book for review is “**Mockingbird**” by **Charles J. Shields**. The book for March will be “Sarah’s Key” by Tatiana de Rosnay.

BE SMART, BE SAFE

Whatever your method, make a point to be conscious of these things while you are out and about this winter season shopping and visiting with friends:

- Did you turn your **headlights off**?
- Did you **lock your car**?
- Where do you keep your **keys**? Do you always put them in the same spot? Your keys are your third hand, respect them.

For more safety tips go to

http://www.dmv.ca.gov/about/senior/senior_top.htm

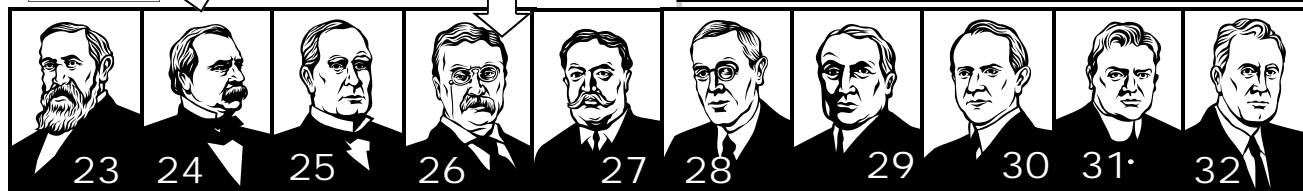
SAVE THE DATE!

The fourth annual Senior Resource Fair is scheduled for **Thursday, June 9, 2011!**

Be sure to mark your calendars and join us for refreshments and tons of useful info!

Also # 22

Name was given to teddy bears



COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (2/15/11)** at **11:00 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

IMPORTANT SALA APPOINTMENT UPDATE

In an effort to serve as many of our patrons as effectively as possible, our Senior Adult Legal Assistant (SALA) appointment policies are changing. Starting with January appointments, everyone who signs up for a SALA appointment is responsible for **confirming or cancelling 4 to 13 business days before their appointments**. This means that you need to confirm your appointment by the Friday *before* your appointment at the latest. **Anyone who does not confirm their appointment by the Friday before their appointment will lose the appointment.** The policy of the Senior Center is to call patrons one week (5 business days) before their appointment, and you may confirm or cancel your appointment at that time.

Appointments can be confirmed three different ways:

- 1) Call the front desk at 650-903-6330
- 2) Stop by the front desk Monday through Wednesday 8:30 a.m.—9:00 p.m. or Thursday through Friday 8:30 a.m.—5:00 p.m.
- 3) Email the Senior Center at: senior.center@mountainview.gov

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: February 16, March 16, and April 20.

ETCETERA

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**2/23/11**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**2/8/11 and 2/22/11**).

HEARING SCREENING - Visit Dr. Tang the **second Monday** of each month (**2/14/11 from 2:00 - 4:00 p.m.**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**2/8/11 and 2/22/11**).

NOTARY SERVICE - New notary service offered the **first Thursday** (**2/3/11**) of each month. Appointments available from 8:30-10:30 a.m.

PODIATRY SCREENING - Free evaluations on **third Wednesday** (**2/16/10**) of each month. NOTE: Feet are NOT touched in the consultation, it is only an evaluation.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

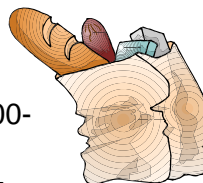
SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday** (**2/3/11, 2/17/11**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment. **Please see page 5 for important updates regarding appointments.**

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



VTA TRANSIT SENIOR CITIZEN CARDS/ STICKERS

VTA will be at the Senior Center on **Thursday, February 10** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is **\$25.00 per sticker**.

Cash only please.

Stickers are also available for sale online at

www.vta.org/store.



NEW VTA ROUTE 34

The route for bus line 34 runs from San Antonio Shopping Center to downtown Mtn. View with a stop at the Senior Center!

AARP DRIVER SAFETY

REGULAR CLASS - The Safety Program class offered by AARP at the Senior Center is scheduled for **February 1 and 8, 2011 from 6:00 p.m. to 10:00 p.m.** The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

REFRESHER COURSE - **Tuesday, April 5, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Mountain View Seasoned Travelers



More trips!
Check out the
travel flyers at
the Front Desk!

For travel information, registration and payment:

Mon-Wed and Fri at the front desk, 8:30 a.m. - 12:00 p.m. and Thurs at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

BROADWAY BY THE BAY

WHEN: Sunday, April 3, 2011

COST: \$107.00 per person

INCLUDES: Enjoy a three course luncheon at famed The Van's "on the hill" Restaurant before attending the critically acclaimed musical "Forever Plaid", an affectionate revue of the close-harmony "guy groups" of the 1950s.
DEPART: 11:00 a.m. from Rengstorff Park
RETURN: 5:30 p.m.



SARATOGA LUNCHEON AND HAKONE GARDENS

WHEN: Thursday, May 26, 2011

COST: \$114.00 per person

INCLUDES: Enjoy a luncheon at Bella Saratoga followed by free time in downtown Saratoga. Then, tour Hakone Gardens, the oldest Japanese estate garden in the Western Hemisphere, followed by a Tea Ceremony and Kimono wearing demonstration.
DEPART: 11:00 a.m. from Rengstorff Park
RETURN: Approximately 5:00 p.m.



Travel Arrangements by Kanen Tours CST # 2095653-50

THUNDER VALLEY CASINO, Lincoln

WHEN: Tuesday, February 8, 2011

COST: \$28.00 per person

INCLUDES: Casino bonus (\$10 Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

RIVER ROCK CASINO, Geyserville

WHEN: Thursday, March 10, 2011

COST: \$31.00 per person

INCLUDES: Casino bonus (\$20 cash), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 6:30 p.m.

CACHE CREEK CASINO, Brooks

WHEN: Tuesday, April 5, 2011

COST: \$33.00 per person

INCLUDES: Casino bonus (\$10 Free Play or Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

BLACK OAK CASINO, Brooks

WHEN: Wednesday, May 11, 2011

COST: \$22.00 per person

INCLUDES: Casino bonus (\$10 Cash and \$5 Match Play), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

TRAVEL

HERITAGE OF AMERICA, April 29 - May 8, 2011

Explore America's heritage, history and scenic horizons on this in-depth tour of the eastern United States.

FEATURING: New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington, D.C., Smithsonian Institution

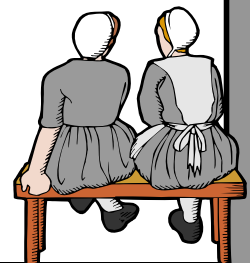
COST: \$2,599.00*













TRAINS OF THE COLORADO ROCKIES, September 7 - 15, 2011

Traverse the Colorado Rockies as you journey through the beauty of nature with Alpine lakes towering peaks, and rolling meadows at every turn.

COST: Double \$2,399.00*, Single \$2,999.00*

* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.



Monday	Tuesday	Wednesday
<p>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign-in time: 11:15 a.m. First come, first served.</p> <p> = Meal contains more than 1000mg sodium</p>	<p>1 11:45 Lunch Menu Chicken Asparagus Pecan Pasta Tossed Salad Tropical Fruit Cup  1:00 Movie: Killers 6:00 AARP Driver Safety Course</p>	<p>2 10:30 Line Dancing, lunch room 11:45 Lunch Menu Breaded Fish Wheat Roll Sautéed Cabbage & carrots Mushrooms Orange 12:45 Bingo, lunch room</p>
<p>7 10:30 Dancing, lunch room 11:45 Lunch Menu Seasoned Baked Fish Whole Grain Roll Seasoned Broccoli Sweet Potatoes Fresh Fruit 1:00 Big Bingo</p>	<p>8 7:30 Thunder Valley Casino 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "Mockingbird" 11:45 Lunch Menu Boneless Pork Chop Split Pea Soup (vegan) Wheat Bread & Garden Salad Tangerine & Sugar-Free Jello 1:00 Movie: Iron Man 2 6:00 AARP Driver Safety Course</p>	<p>9 10:30 Line Dancing, lunch room  11:45 Lunch Menu Beef-Stuffed Bell Pepper Brown Rice Parsley Buttered Carrots Tropical Fruit Cup 12:45 Bingo, lunch room</p>
<p>14 10:30 Dancing, lunch room 11:45 Lunch Menu Oven Roasted Chicken Breast w/ Mushroom Gravy Brown Rice Sautéed Fresh Broccoli & Cauliflower Peaches 2:00 Hearing Screening</p>	<p>15 11:00 CSA Information + Referral 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie: The Karate Kid</p>	<p>16 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu  B.B.Q. Pork Ribs Chicken Noodle Soup Wheat Roll Tomato, Cucumber salad Mandarin Oranges 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting 2:30 Workshop: Digital Pictures</p>
<p>21 SENIOR CENTER CLOSED for PRESIDENTS' DAY HOLIDAY</p> <p> Find a list of all 44 United States presidents this month at the Front Desk!</p>	<p>22 9:15 Eyeglass Repair 11:45 Lunch Menu Teriyaki Chicken Brown Rice Sautéed Asparagus Corn Orange 1:00 HICAP 1:00 Movie: Prince of Persia</p>	<p>23 10:30 Line Dancing, lunch room  11:45 Lunch Menu Breaded Cod Spanish Rice w/ Black beans Broccoli & Cauliflower Garden Salad Apricot 12:30 Alzheimer's Screening 12:45 Bingo, lunch room</p>
<p>28 10:30 Dancing, lunch room 11:45 Lunch Menu Linguini w/ Tuna & Peas Sautéed Fresh Broccoli & Carrots 100% Fruit Juice 2:00 Newcomers' Group</p>	<div>       </div> <p>8 Youngest elected President (43)</p>	

Worked as fashion model

Thursday

Friday

Applesauce Bars



INGREDIENTS

- 1/4 cup butter or margarine, softened
- 2/3 cup brown sugar
- 1 egg
- 1 cup applesauce
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 1/2 cups confectioners' sugar
- 3 tablespoons margarine, melted
- 1 tablespoon milk
- 1 teaspoon vanilla extract

DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

In a medium bowl, mix together the butter, brown sugar and egg until smooth. Stir in applesauce. Combine the flour, baking soda, salt and pumpkin pie spice; stir into the applesauce mixture until well blended. Spread evenly into the prepared pan.

Bake for 25 minutes in the preheated oven, or until edges are golden. Cool in the pan over a wire rack.

In a small bowl, mix together the confectioners' sugar and margarine. Stir in vanilla and milk until smooth. Spread over cooled bars before cutting into squares.

3
8:30 Notary
10:30 Bookmobile
11:45 Lunch Menu
Meatloaf w/ Gravy
Whole Grain Bread
Brussels Sprouts
Garlic Mashed Potatoes
Apple & Sugar-Free Jello
1:30 SALA Appointments

10
10:30 Bookmobile
10:30 VTA Transit Cards
11:45 Lunch Menu
Egg Frittata
Whole Grain Muffin
Green Salad
Three Bean Salad
Pineapple

17
10:30 Bookmobile
11:45 Lunch Menu
Chicken Cordon Bleu
Pesto Noodles
Green Beans Provincial
Garden Salad
Tropical Fruit Cup
1:00 Workshop: Managing Dizziness
1:30 SALA Appointments

24
10:30 Bookmobile
11:45 Lunch Menu
Vegetable Lasagna
Garlic Bread
Brussels Sprouts
Yogurt w/ Bananas
1:00 Workshop: Intro to Sudoku

4
10:30 Blood Pressure Check
10:30 Dancing w/ Ana & Irv
11:45 Lunch Menu
Chicken Cacciatore
Pasta
Spinach
Fresh Fruit
1:00 Movie: Killers

11
10:30 Blood Pressure Check
10:30 Dancing w/ Ana & Irv
11:45 Lunch Menu
Swedish Meatballs
w/ Gravy over Noodles
Baked Tomato w/ cheese
Spinach Salad
Banana
Celebrating February Birthdays w/ Birthday Cake
1:00 Movie: Iron Man 2

18
10:30 Blood Pressure Check
10:30 Dancing w/ Ana & Irv
11:45 Lunch Menu
Mediterranean Fish
Brown Rice Pilaf
Broccoli & Cauliflower
Carrot Raisin Salad
Fresh Fruit
1:00 Movie: The Karate Kid

25
10:30 Blood Pressure Check
10:30 Dancing w/ Ana & Irv
11:45 Lunch Menu
Szechwan Chicken
Brown Rice
Sautéed Cabbage & Carrots
Green Salad
Mandarin Oranges
1:00 Movie: Prince of Persia

Speed reader



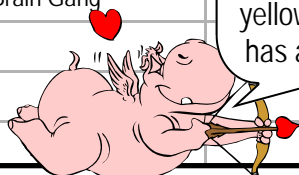
Oldest elected President (69)

The classes listed below occur periodically throughout the month.
PICK UP A CLASS GUIDE AT THE FRONT DESK

to find out the dates for each class, as well as times, registration and other information.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga	8:30 Community Quilting	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:00 Drawing/Watercolor	9:00 Painting Club	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	9:00 Photoshop Elements	9:00 Internet Intro	8:45 ESL - Intermediate	9:00 Calligraphy
9:00 Creative Stitchery	9:00 PowerPoint	9:00 Online Shopping	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Internet Intro	9:30 Brown Bag	9:30 Chorus	9:00 Photoshop Elements	10:30 ESL -Beg. High
9:00 Online Shopping	9:30 Speechreader	10:00 Therapeutic Yoga	9:00 PowerPoint	10:30 ESL -Adv. Low
10:15 T'ai Chi	10:30 Strong for Life	11:45 Lunch	10:00 Qigong, Com Ctr	10:30 Blood Pressure
10:30 ESL -Beginning High	11:45 Lunch	1:00 Ceramics-Basic/Int.	10:00 Stepping Strong	11:45 Lunch
10:30 ESL -Advanced Low	12:30 Spanish Conv.	1:00 Knitting/Crochet	10:00 Trips Desk	1:00 English Conv.
11:45 Lunch	1:00 Computer Help	1:15 Orchestra	10:15 Lifetime of S, E, & F	1:00 Line Dancing
1:00 Computer Help	1:00 Karaoke	2:00 Exercise Orientation	10:30 Bookmobile	1:00 Movie Matinee
1:00 Current Affairs	1:00 Low Impact Aerobics	5:30 Qigong	10:30 ESL -Beginning High	2:00 Chinese Folk
1:00 Lifetime of S, E, & F	1:00 Movie Matinee	7:00 Chinese Folk Dance	10:30 ESL -Advanced Low	2:15 Square Dancing
1:00 Woodcarving	1:00 Workout/Broadway II	7:00 Joy of Movement	10:30 Zumba	
1:30 Quiltmaking Tech.	2:15 Workout/Broadway I		11:00 Health Library	
2:30 T'ai Chi/Qigong	2:30 Chinese Chorus		11:45 Lunch	
6:30 Ikebana	5:30 Flowing Movement		12:30 Memoirs	
7:00 Social Dance Club	6:30 Exercise Orientation		1:00 Low Impact Aerobics	
7:00 Chinese Folk Dance	7:00 Brain Gang		1:00 Figure & Portrait Draw	
			1:00 Workout/Broadway II	
			2:15 Workout/Broadway I	
			2:45 Beg. Social Dance	

Remember! This grid does NOT reflect **start and end dates** of classes. The yellow class guide has all class info!



Registration for the classes that occur at our center takes place through the following agencies:
MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net

DEANZA COMMUNITY COLLEGE

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(408) 864-5300**.

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

**GIVE US
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!